

COLL. CAT.

PROSPECTUS

OF THE

OPENING

OF THE

✓
LAWRENCE WATER-CURE,

BRATTLEBORO', VT.,

MAY 15, 1853 :

CONTAINING A FEW REMARKS ON THE GENERAL EFFECTS OF THE
WATER TREATMENT ON HEALTHY AND DISORDERED BODIES,
ALSO, A DESCRIPTION OF THIS NEW AND SPLENDID
ESTABLISHMENT, WITH ITS RULES AND
REGULATIONS.

New-York :

PRINTED BY CURRAN DINSMORE & COMPANY,
RAILWAY GUIDE PRINTING HOUSE,
NO. 9 SPRUCE STREET.

1853.

Genl's Office
LIBRARY
21610
Washington, D.C.



PEFATORY REMARKS

ON

THE WATER-CURE.

It is almost a monthly occurrence that we hear of the opening of new Water-Cure Establishments, or the enlargement of those already in existence, not only in America, but in England, France and Germany, which seems to afford good evidence of a steady increase in the number of patients who desire to adopt this treatment, as well as a strong proof of the advantages of the Water-Cure practice; for if this method of treating disease had not been eminently successful it could hardly have attained the universal popularity which it at present enjoys. The high public favor which the Water-Cure has won, as well as the room which there must necessarily be for improvement in a discovery of so recent a date, appears, however, still to call for the establishment of new institutions; and the one which it is here proposed to introduce to the public, the LAWRENCE WATER-CURE, at Brattleboro', Vermont, has been built, and fitted out on the most liberal scale, with all the advantages which experience could suggest, for the benefit and accommodation of patients.

Preliminary, however, to a description of this establishment, it may be proper to say a few words in regard to the general effects of water upon the human system, both in health and disease; not for the purpose of entering minutely into the treatment, or with the hope of saying anything very new upon a subject which has engaged the attention of so many writers, more or less able; but for the purpose of disabusing the public from very evident errors which sometimes prevail in respect to the Water-Cure.

It frequently happens that the true benefits of the Water-Cure are misunderstood, or its pretensions ridiculed through a misapprehension of the subject, caused by ignorant or injudicious *professors* of the practice. Now while we aver that many painful and dangerous diseases can be cured by the water treatment, we do not wish to be understood as affirming that it can work positive miracles as some of its advocates fairly assert. The Water-Cure is not an universal panacea, and it would be highly prejudicial to the cause of science to proclaim it such, thereby inviting persons with incurable diseases, or complaints to which the treatment is not suited, to visit the establishments, condemning them to return home in a short time disgusted with a practice from which they expected so much, and received so little benefit, to denounce thereafter a treatment which, how great soever its merits, was inapplicable to their particular cases.

The Water-Cure as practised at present makes use of a great variety of applications of a different nature, and of different effects, in the various forms of disease against which it is directed ; but it would require far more space than we propose to occupy to describe the several effects of the "wet sheet pack," or the "pack in the dry blanket;" and it would be almost impossible to explain in a popular way the effects of a "sitz bath," and why it is that one applied for a short time only has a different, and almost opposite effect from what it has when taken for a longer period. Only those thoroughly acquainted with physiology and general pathology, would be able thoroughly to understand of what great importance it was in the effect of the half bath, whether the temperature was as high as eighty degrees, or as low as sixty degrees. The same may be said in regard to the quantity of water applied ; as, for instance, in the foot bath, where a great difference exists as to whether it be of one inch in depth, or reaches above the ankles. Furthermore, it would require considerable pains to explain to the uninitiated of what consequence it was whether the *douche* was taken after packing, or after a walk ; why it was important in certain cases to take the "foot bath" after the "sitz bath," etc., etc. To

explain all these points would occupy too much space, and be unnecessary to our present purpose, which will be better served by a few plain remarks on the general effects of the Water-Cure practice on the human system.

GENERAL EFFECTS OF A WATER TREATMENT.

Water treatment may be considered in three different points as to its effect in curing disease, viz.: *first*, as to what change it produces in the circulation; *second*, as to what its influence is directly upon the nerves; and *third*, how it operates on the lymphatic and glandular system—on the organs of sanguification and secretion.

The circulation of blood if diverted from its normal state, is the cause of a great number of diseases. Now if the use of water is effectual to restore the blood to its natural and regular motion through the whole body, it must necessarily cure those infirmities which were caused by its previous irregularity. Let us examine the proof of this: We call it *congestion* when the blood is attracted chiefly to one organ, leaving the rest of the body, as it were, to rush to that single part. Every one knows what congestion of the brain is, that first stage and precursory symptom of apoplexy. If this congestion is removed, the apoplexy is certainly prevented; and how the water, if used in season will produce this effect, we expect to show hereafter. Even when the congestion of the brain is less powerful, its effects are unpleasantly felt, as in the mildest degrees it produces severe headache—and hundreds of persons who suffer with what is termed sick-headache, have nothing else than a slight congestion of the brain, the more distant cause of which may be in a dyspeptic state of the stomach, as is frequently the case; the sympathy between the stomach and brain causing the increased rush of blood to the latter organ, thus producing headache. Now if we can remedy this by restoring the proper circulation of the blood, the headache is cured; and if the effect of the treatment used be permanent, the cure will necessarily be

permanent. All inflammatory diseases commence by a state of congestion to the organ affected. Bronchitis, which so often leads to tubular consumption of the lungs, whether brought on by a cold, or any other cause, always commences with a redness and irritation in the throat, and even the cough which soon follows is caused by nothing but this congestion to the mucous membrane of the upper part of the respiratory organs. Certain kinds of dyspepsia are also consequences of a congestion to the mucous membrane lining the stomach. Amaurosis and deafness are often caused by congestion to the internal parts of the eye and ear, and therefore can be cured in their early stages by removing this congestion. Spinal irritation, or spinal neuralgia, its more rational name, that melancholy privilege of the fair sex, with all its sufferings, is caused by such a congestion to the spinal marrow, and though it is one of the most hopeless diseases in its advanced stages, it can be cured through the water treatment by removing the congestion, and leading the rush of blood elsewhere. The nightly perspirations of consumptive and other patients is nothing else but a congestion to the skin, and even if the principal disease should prove incurable, this troublesome and weakening symptom can at least be removed by preventing such congestion from taking place, and in this way, if not perfect health, a great deal of comfort may be obtained for the invalid. It would be easy to enlarge upon this subject from the long list of human diseases; but we will only add here that congestion is always an active state, an increased rush of the blood to a certain point, or organ. The opposite to this is when the blood is retained in an organ in a passive way, settling there because it does not flow off freely through its natural channels. The blood may flow towards a certain organ in its natural quantity, and with its natural velocity, but may remain there on account of some obstruction in the channels through which it has to return—or the blood from some cause may become thickened, and slower in its motion. In these cases we do not call it congestion of the blood, but *stagnation*. Both appear somewhat alike, as there is an excess of blood contained in a certain organ, or part of the body; but in congestion because the attraction is

increased ; in stagnation because the retreat is prevented ; and this makes the great difference in the treatment of the two disorders.

The stagnation of blood is also a very fertile cause of disease. We will only mention the hæmmorrhoides in all their numerous and varied forms. Abdominal plethora, as science calls it, is nothing but the stagnation of blood in the veins of the liver, stomach, spleen, intestines and other organs of the abdominal cavity. This stagnation hinders them in the performance of their functions, makes them at last unfit to perform them at all ; and causes most of the cases of dyspepsia, liver complaint, acidity of stomach, and jaundice, habitual constipation and piles, with a hundred other afflictions of the most distressing nature, and all characterized by their depressing influence upon the minds of those suffering under them. To this same class of diseases, caused by stagnation of the blood, belong some affections of the brain, and of the lungs—enlargement of the veins and ulcerations of the lower extremities ; certain irregularities of the menstruation, and other diseases peculiar to the female sex, are equally caused by this disorder.

This enumeration of diseases caused by a derangement in the circulation will be sufficient for our present purpose ; and the question now arises can the Water-Cure treatment obviate these causes, and restore the system to its normal and healthy state ? We answer confidently in the affirmative. Congestion can be removed directly by the application of cold water to the organs of suffering, for thereby the blood is driven back when it rushes on too violently. If the application is continued and powerful enough the current of blood will be compelled to seek its other channels, and be diffused more equally through the body, thereby restoring the evenness of the circulation. To produce this effect we use cold baths, general and local, of long duration,—cold compresses changed often, before they get warm. We also endeavor indirectly to remove the congestion by creating an artificial congestion in some remote organ, or part, attracting thereby the blood in a different direction : for this purpose we use cold foot and hand baths, or sitz baths when we wish to make a deriva-

tion from the head or chest. We use cold frictions in the dripping sheet to produce congestion to the skin, and in this way relieve the interior organs. The stagnation of blood in certain parts of the body we can remove by a similar method of derivation to that just mentioned, and also by the use of exciting compresses: these are worn thick, well wrung, and well covered, and only changed by getting entirely dry; they produce an increased action of the skin so powerful as even to bring out boils and other eruptions, which result is termed in the water treatment, a "crisis." Those organs which are suffocated in their own blood, for want of a proper evacuation of it, are thus relieved by a contra stimulus; and in this way the exciting compresses operate by increasing the life and activity of the skin and the parts below it, making the sluggish current more lively, and preventing the blood from accumulating, and lying torpid in one place.

It is here in order to mention the *inflammatory diseases*. Inflammation is only a violent congestion with its consequences. Hydropathy is not the only school which uses cold water against inflammations of whatsoever nature they may be; all medical systems, from the oldest time, have agreed that cold water, or ice, is the most powerful antiphlogistic remedy we possess; a constant application of cold to an organ reduces the life in it to a minimum, and in this way it leads to the cure of inflammations, whether of the brain, or in the tonsils, in the skin (erysipelas and pseudo-erysipelas), or in the bones. Therefore, cold water agrees so wonderfully with *fevers*; nothing diminishing the feverish action of the blood more than the action of cool water, and the wet sheet, which at the same time affords additional relief in fever by increasing the perspiration of the skin, to which we shall refer later while investigating the effect of water upon the organs of secretion. Fevers and acute diseases in general are seldom treated at Hydropathic establishments, first, because from the nature of these diseases patients cannot be so easily transported thither, and the accommodations in private houses are not such as to admit of a thorough treatment; and second, because the attending physicians are generally opposed to cold

water; although examples of its usefulness in retrograde scarlatina, and a great many other feverish diseases, are quite numerous. Chronic diseases, or those of long standing and slow developement, are chiefly those which come under Hydropathic treatment, and in these its beneficial results are the more prominent, because the patients have generally tried everything else without success, and are the more thankful if finally and permanently relieved from their infirmities.

Reaction is a term frequently met with in books on Hydropathy, and it is often understood as if this reaction was the *means* of curing, the final result of all treatment. This is not the case. Reaction is a consequence of the effect of water applications on the organs of circulation; nothing else. The longer we keep one limb or the whole body in contact with cold water, and the more powerful its effect is when directed against the body, as for instance in the falling or rising *douche*, the more the blood is driven from the surface, so much in fact as for a moment to disturb the equilibrium between the capillaries and large vessels, and consequently the more energetic is the effort of the system to restore it: this restoration of the circulation, which at first appears more active in the organs exposed to the water, is the *reaction*. It is very important that it should take place after each application whatever, as it is the true test that the effect desired has taken place; therefore are baths of too long duration deprived of reaction because the vitality is too much lowered, and hence their reaction is the barometer by which the physician is guided and enabled to judge of the quantity and quality of the effect produced; and the amount of this reaction enables him to alter and adapt his further prescriptions.

Let us now consider briefly what benefit the water treatment can afford in diseases of the nervous system. In our age of nervousness, neuralgia of all kinds, and general excitement, it seems more and more necessary to seek some means of relief, some remedy to strengthen overstrained and debilitated nerves; and blessed be the Water-Cure if it affords such a remedy. Everybody now knows what Hysteria is, how troublesome not only to the patient himself, tormented by a thousand pains and ills, but

also to those around him. Neuralgia, even if it is a symptom of a rheumatic nature almost exclusively afflicts persons with weak nerves; and if their nerves are strengthened, let the rheumatism still continue it will be less troublesome, and a person would willingly bear a little lameness, if the excruciating pains which destroyed his night's rest are removed—stop the tooth or face ache under which he suffers, and a swollen cheek is a matter of small consequence to him. There are also other diseases caused by a perverted action of the nerves, such as epilepsy, St. Vitus' dance, and the numerous tribe of spasms and cramps, one of the most troublesome of which is gastralgia, or cramp of the stomach. The nervous influence on the organs is weakened or partly destroyed in the beginning of paralysis and palsy, and in spinal consumption, but even these diseases, if taken in their first stages, may be successfully treated by the Water-Cure. Upon the nervous system, the way it acts are numerous; in the first place it is a powerful tonic. Applied to the skin at rather a low temperature, it is brought in contact with the numerous fibres of the nerves terminating in the skin. Now, as it is difficult to say in what the nervous power exists, it is equally so to explain how the application of cold exercises a tonic influence, but experience proves very clearly that it is so. It is not pretending to too much when we assert that cold water is one of the most powerful tonics for the nervous system which we possess. Now, let the nervous system be debilitated, and let all the thousands of fibres in the skin be acted upon by frequent cold bathing; being brought thus under the constant influence of an acknowledged powerful tonic, and is it not clear that the whole nervous power must be increased? The result is evident, that the tonic influence being distributed on so many different points at once, if each separate point only takes up a minimum of strength, the aggregate will be a considerable addition to the energy of the nervous system. This tonic influence of the cold water can be still further increased by friction applied during the bath, and in the establishments we have the means of combining this influence of the cold with the friction through the same medium, in the falling douche, which is indeed so powerful

a tonic that a great many very feeble persons are unable to bear it. This is more the case with the rain bath, the small streams of cold, in falling upon the skin, exercise somewhat the effect of tickling on so many different points, and are therefore so exciting that an over-excitement is frequently produced, and it is but seldom that they can be made use of. In other diseases the action of the nerves is increased and their sensitiveness too great; and in these cases we can use the Water-Cure to diminish this sensitiveness—we can weaken as well as we can strengthen the nerves. If it is our intention to diminish the action only for a short time, then we use intense cold for a while. Every one knows that if the hands are immersed in snow, or very cold water, they will finally become numb and senseless, and this effect is the same upon the other nerves as upon those of feeling. If it is our intention to relax the nervous influence more permanently, then we use tepid baths: this is the reason why spasms of any kind terminate so quickly in a warm bath. The exciting influence is further created by the compress, and therefore what is called the Neptune's belt affords an excellent remedy to stimulate the stomach and digestion, together with small quantities of cold water, fresh from the spring, being repeatedly taken internally. The same application has a wonderful influence to increase the activity of the intestines throughout, and thousands of persons are deeply indebted to this remedy for a permanent relief from the most troublesome symptoms of inactivity of the digestive organs. Finally; the water treatment has an alterative effect on the nerves, and is able to bring them back to their natural and regular action, which they often seem for a length of time to have entirely lost.

Exercise in a bracing air, connected with the water treatment; freedom from care and mental excitement; a general strengthening of the body by cold bathing, swift walking, and plain, wholesome diet, have a great influence on weak nerves: and even for our feeble young ladies, with or without hysterical affections, a course of water treatment is, if not their only safe resort for health and strength, at least well worth the time and annoyance of a few months country residence.

The third sphere of the human system, that of *vegetation*, of *reproduction*, and *secretion*, the glandular organs, and the lymphatic system, is again strongly represented in the skin, which contains not only the capillary vessels of the organs of circulation, and the ends of most of the sensitive nerves, but also is the sub-strata of a great part of the glandular system; the pores of the skin being nothing else but the channels of the glands of perspiration, which play a very important part in the economy of the system. The Water-Cure treatment is not only directed against the external skin, but operates powerfully by internal use in the stomach, and other cavities of the body. It operates there in part similar to what it does upon the skin, as a tonic and astringent, increasing the resistance and power of action of the places to which it is applied; and in part it is absorbed and goes into the mixture of the blood and body, stimulating the secretions of the more remote organs, such as the liver, kidneys, etc.

If we consider that more than two-thirds of our body consists of water, that no organ, even no bone, can retain its vitality if perfectly dry, that is deprived of water, and if we further consider that no secretion of those liquids which are necessary to be used in the economy of the body, such as saliva, tears and bile, and that no secretions of those liquids which are to be removed as useless and injurious to the health, such as perspiration and urine, can take place without considerable quantities of liquid being introduced into the system, we cannot fail to understand the importance of water, that purest and most innocent of all liquids, as a drink. It is a fact that persons deprived of all means of subsistence can more easily endure hunger than thirst, and are sooner destroyed for want of drink than of food. Why is it, indeed, if water were not so necessary for all life in nature, of plants as well as animals, that it is so universally distributed over our globe—found in the highest clouds that send their refreshing showers to resuscitate the scorched and dying vegetation, and wells up from the deepest excavations of earth, the greater portion of whose surface is covered by water, with its grateful freshness to cool the parched lips, and quench the sick-

ening thirst, alike of man and beast ! No city or village is built without facilities for a supply of the stream of life, and we cannot imagine any form of existence where, in some shape, water is not.

It is our object, lastly, to review a few of those diseases which are benefitted by the Water-Cure, under this view of its effects upon the vegetative organs of the body. We notice here, in the first place, an abundant growth of certain substances, such as the abnormal creation of fat, either in the whole body, or in different parts ; the Water-Cure process, by increasing the power of secretion throughout, and diminishing in that way the very substance of the body, will direct its influence at first against such morbid deposits, and cure such hyper-trophic states by the packs, the bandages, and the exercise, in increasing the waste of matter. It will prove very successful in the cure of dropsical diseases. The only way of curing these, followed by all approved systems, is by increasing the activity of the organs of secretion, chiefly the skin and kidneys ; we can reach this easily and perfectly with water, and at the same time prevent, by an increased natural action of the whole system, the production of more dropsical fluid. A brilliant success has been reported in several cases of this kind, and the writer himself can mention one case of dropsy in the pericardium, after acute rheumatism, in a young lady from New York, who, after being treated by skilful physicians in the city, was pronounced by them as having only a few weeks longer to live. She came under the treatment of the writer, at Brattleboro', in a most helpless state, and was perfectly cured, and has not within two years had a relapse, but visits parties and balls, and enjoys the most perfect health. A more particular statement of this interesting case will be made in another place. Chronic diarrhœa is an increase of secretion in the digestive canal, and is often easily removed by the tonic effect of cold water, and the increased action of the skin, in which way more liquid matter is removed from the system than before, in consequence of which the contents of the digestive canal become more condensed. Disorder in the secretions of the kidneys has been frequently regulated by the Water-Cure, which is easily under-

stood from what has already been stated, as relaxation can be produced, or the parts strengthened, and secretive action restored by this treatment.

Hydropathy is well adapted to catarrhal diseases, or colds, as they are generally called: the single attack yields to a cooling treatment with slight excitation of the skin by the dripping sheets, and the tendency to take cold from the least exposure is removed; also, by strengthening the system in general and the skin in particular. Rheumatism, acute and chronic, with all its consecutive diseases, if not too much inveterated, is very successfully treated by dry and wet packs; and the winter treatment seems chiefly to prove successful in diseases of this class. All chronic diseases and eruptions of the skin yield to a methodic and rational treatment with water; and here the new eruptions and boils brought out by this practice prove themselves as really *critical*, because, after the increase which has taken place under the Water-Cure, they disappear rapidly, never to return. Even the little insect which causes the itch, is destroyed by powerful sweating, and the disease removed in a far less troublesome way than any other, such as is usually resorted to.

Finally, we have to mention the dysorasic diseases, those where morbid substances are contained in the blood, such as scrofula, gout, syphilis, etc., which have all been treated with great success in very numerous instances by the Water-Cure. All the secretions of the body have to be stimulated in such cases, and by a carefully regulated diet only healthy and pure blood reproduced again; and that this requires a longer treatment than other cases is consequently evident. And this is the most wholesome final result of the water treatment, that a material change of matter in the whole system is effected, that morbid substances are resorbed and removed, and healthy ones produced instead—nor do we assume too much in considering the Water-Cure as a means of renovating the whole body; and, even if it does not create eternal youth, it is certainly able to give a better and healthy body in place of the old diseased and deranged one.

Here we close our remarks on the effects of water upon the human system, which we have shown to be chiefly in :

1. Exciting the circulation in the capillaries of the skin.
2. Fostering the vitality of the end fibres of the nerves.
3. Reviving the secretions of the skin and other glandular organs.
4. Diminishing the morbidly increased vitality of single organs, or the whole system, as well as increasing the vitality when below its natural standard.

For the special method of treating the diseases mentioned, and for a more particular enumeration of what kind of diseases have been successfully treated and cured by cold water, we refer to the library of Hydropathy, and are glad here to quote the names of Munde, Weiss, Johnson, Gully, who have written successfully on this subject, and who have explained practically in their books all that we know as yet about the treatment, and prevention of disease by the water-cure—books which are very free from the unreasonable exaggerations and one-sided views of the great host of popular book-makers, who unfortunately have taken hold of Hydropathy, as well as all other branches of science; but who fortunately find but a limited number of readers.

We cannot omit here an acknowledgement of the great pleasure we have experienced from the perusal of the last edition of Munde's Hydrotherapeutics published this year; and expressing also our gratification at the reported enlargement of the Florence Water-Cure, near Northampton, under his charge.

DESCRIPTION OF THE LAWRENCE WATER-CURE ESTABLISHMENT.

BRATTLEBORO', with its pure mountain air, its numerous cool and refreshing springs, its shaded walks, and delightful drives in endless variety, its beautiful scenery of hill and vale extending for miles over the surrounding country, affording landscape views of unsurpassed loveliness, is too well known to need praise from us. Since the establishment of the Water-Cure at this favored village, and especially since the extension of railroads, so many

persons from all sections of the United States, invalids in pursuit of the invaluable blessings of health, and travellers in quest of variety and pleasure, have visited Brattleboro, and made it their temporary residence, that its charming scenery, and attractions are familiar to all parts of the country, north, south, east, and west ; hence, as a location for the practice of that most agreeable and natural of all treatments for the cure of disease, and the restoration of health, the Water-Cure, it has been happily chosen.

The Lawrence Water-Cure was opened last year in an old building, fitted up at very short notice, at the request of many of our friends, patrons of the Water-Cure ; and although laboring under great disadvantages, it has met with flattering encouragement, and given general satisfaction. Determined, therefore, to afford every convenience and comfort in our power to patients, we acquired an extensive plot of ground on a commanding situation, not far from the Wetstone brook, and eminently fitted for our purpose, and have erected thereon a new and commodious building, exclusively adapted to the wants and uses of Water-Cure patients ; we have furnished it in a style of comfort surpassing most other establishments of the kind, and provided accommodations for bathing and exercise which we think unequalled in this country.

The establishment, erected in the modern style of architecture, in imitation of fashionable country residences of the day, is three stories high, besides the basement, and contains rooms for 66 patients ; an adjoining building, chiefly calculated for boarders accompanying patients, and families with children, will hold 24 persons more ; there are 2 large sitting rooms ; one dining and ball room, 50 by 25 feet ; covered verandahs 516 feet in length by 7 feet in width ; a promenade inside the house of 100 feet by 6 feet in width, warmed in cold or damp weather, which will afford ample means of exercise in a rainy season, or for those who are unable to promenade out of doors ; billiard and reading rooms are prepared, and a convenient bowling saloon will soon be added to the establishment, as well as a large gymnasium for those accustomed to more violent means of bodily exercise. Even the invalid confined to his room will find sources of plea-

sure and consolation in viewing the splendid prospect around him, the green hills with their refreshing scenery, and the sparkling waters that dance merrily along the flower-scented vales, beneath boughs musical with the song of birds !

A thorough ventilation on a new plan, as well as the size and height of the rooms, will make them cool and pleasant even in hottest days of the season ; while the house being well carpeted they will be comfortable in damp weather, and the walking about the halls will be without noise or disturbance to patients. All the bath rooms are in a separate wing, though immediately connected with the different stories of the house ; by these means the benefit of a perfectly dry and clean building is obtained, which will be readily appreciated by those who know how injurious all dampness about their chambers is to invalids of any kind.

The bath house contains 6 large rooms, (22 by 24 feet,) and is never without a sufficient supply of pure spring water, conducted entirely through wood, not one foot of lead pipe being allowed to impart its poisonous qualities to the water. There are falling *douches* of various size and height, up to 25 feet fall ; running sitz baths of every temperature, fed by two springs under the main building itself, which also supply the freshest, purest, and coldest water for drinking, and all the other necessary requirements of the establishment. As the baths are on the same level with the floors of the main building, invalids unable to walk, can be transported to them with as little inconvenience as possible.

Ample means for social entertainment in, and out of doors, will be provided, and are considered as an important adjunct of the treatment, from the well known influence of a well balanced and joyful mind on a diseased body. Those who are able, and fond of dancing, will find an opportunity two evenings in the week, when music and a suitable room will be provided. Preparations for baths at a short distance from the village, in the woods, are made, and will soon be completed.

The physician devotes his time principally to the examination and treatment of the patients, and hopes, after five years experi-

ence in the Water-Cure treatment, with great advantages for becoming thoroughly acquainted with the practice. he will give full satisfaction, assisted by an able and active superintendent. and well qualified and instructed attendants and waiters.

RULES AND REGULATIONS.

THE price for board and treatment is \$10 per week for each patient, and no extra charges whatever are made.

The patient must provide himself with one linen and two cotton sheets, a pair of woollen blankets, and a comforter to be used in case the process of packing should be required in his treatment; some old linen and pieces of crash will be necessary for bandages if they are required; all of which articles may be obtained at the stores in the village, or even at the establishment. as good and as cheap as elsewhere; though they cannot be hired, and returned afterwards. If feather beds are used in packing, which may in some cases be necessary, they are furnished by the establishment at 25 cents per week.

Boarders are not received in this establishment except by paying full price; except when connected with patients and occupying the same room with them, in which case they are charged \$6 per week. Transient boarders of this class pay \$1 a day. A limited number of boarders can be accommodated in a house adjoining the establishment, and furnished with equally comfortable rooms at \$6 per week: their meals to be taken in the general dining room.

Each patient is supplied with a good bed, consisting of a hair or palm leaf mattress, a hair or feather pillow, and sheets and blankets necessary for covering: for sheets and pillow cases, linen only is used. Two clean towels, and more if required, are furnished every week.

For bathing, patients are expected to use their own towels, as well as sheets and blankets, as those belonging to the establishment are used only in the rooms.

The washing of linen when furnished by the establishment is

done without charge ; but all personal apparel must be washed out of the house at the patient's expense. Trustworthy persons for that purpose are easily found.

Bills are presented every Saturday, and payment required ; unless by special understanding.

As the care of young children would prevent parents from attending properly to the treatment, and be likely to disturb the comfort of other patients, suitable accommodations for them, and their nurses will be procured in the neighboring houses, where preparations of that kind have been already made.

Children will, however, be received into the house as patients, though not as boarders.

It is desirable that applications should be made in season, and a short statement of the disease given at the same time, as we do not receive any patients but those who are fit for the Cold Water Treatment, and always refuse those who would not be able to bear the treatment, or not likely to receive any benefit therefrom.

Helpless patients, or those who are dangerously sick, require a private nurse or waiter, for whose board \$2,50 per week is charged ; the same for servants who come with patients, if occupying the same room ; otherwise they will be required to pay the regular price for a double room.

Patients are not allowed to take baths without the physician's advice. Boarders have the privilege of using one bath a day at their own option.

When a patient has been examined and has taken possession of his room, he will be required to pay a full week's board, even though he should conclude to leave before the expiration of that time.

If patients wish to continue the treatment at home after leaving the establishment, further advice will be given by correspondence, for a moderate fee.

Patients occupying private lodgings can obtain treatment at the establishment for from \$2 to \$3 a week : if they take treatment at their own boarding places, advice will be given them, and they will be charged according to circumstances.

Communications addressed to the physician or superintendent will receive prompt attention, and an immediate reply.

C. W. GRAU, M.D., *Physician.*

WILLIAM KLINGE, *Superintendent.*



